

Make Your Move

Setting realistic, attainable goals provides direction and helps measure success



As the “Make Your Move” program draws to a close, take time to look back over the past eight weeks and congratulate yourself on the healthy activities and changes you’ve incorporated into your life. You’re most likely enjoying the benefits of renewed energy, as well as reducing your risk for cardiovascular disease and cancer.

To continue enjoying the benefits of a more active lifestyle, now is the time to commit to continue the additional exercise and activities of the past eight weeks. Consider setting some goals to keep you involved in physical activity.

Goals provide direction for how you spend your time and help determine how you measure success. Realistic goals are an important part of a healthy lifestyle. Goals should be something to work toward, but should also be attainable.

The steps in the goal-setting process are:

- Define success.
- Define the goal.
- Identify your support system for accomplishing the goal.
- Develop an action plan for achieving the goal (outline steps to achievement, consider possible obstacles, consider resources for help).
- Implement the action plan.
- Monitor your progress.
- Repeat steps if adjustment is necessary.
- Evaluate and affirm level of accomplishment.
- Celebrate success.
- Decide what to take forward to the next goal.

Here are some tips on how to use your goals:

- Identify goals and write them down to make them more concrete.
- Keep your goals where you can refer to them often.
- Be specific with your goals so you know when you reach them.

It is inevitable that you will experience setbacks, but don’t give up your goals. Here are some things to consider:

- Expect surprises and obstacles.
- Plan ways to overcome potential obstacles.
- Recognize that setbacks are temporary.

The Make Your Move program ends July 16. Program participants should mail in their completed diaries to Hanford Environmental Health Foundation Health Education Services, H1-04. Diaries must be received by HEHF by July 23.

Continued on page 14.

Setting realistic, attainable goals provides direction and helps measure success, cont.

Participants requested to evaluate Make Your Move program

What healthy behaviors have you added to your lifestyle as a result of Make Your Move?

Overall, I would rate Make Your Move as:

- ☐ Excellent
☐ Very good
☐ Good
☐ Fair
☐ Poor

I would rate the activities and games as:

- ☐ Excellent
☐ Very good
☐ Good
☐ Fair
☐ Poor

Would you participate in Make Your Move again?

- ☐ Yes
☐ No

Would you recommend Make Your Move to a friend?

- ☐ Yes
☐ No

Additional comments or suggestions for Make Your Move:

This evaluation is worth 15 points for Make Your Move participants. Complete the form, add your name and mail it to: Judi Staley, Hanford Environmental Health Foundation Health Education Services, H1-04.

87